

**WHAT IS CLAIMED IS:**

1. A method of modifying perception of body weight, comprising the step of:  
administering to a person for inhalation an effective amount of a composition comprising a hedonically positive mixture of a floral odorant and a spice odorant, wherein the person perceives the body weight to be about 5-10% less than actual body weight.
2. The method of Claim 1, wherein the composition comprises a suprathreshold but non-irritant concentration of the odorants.
3. The method of Claim 1, wherein the step of administering comprises dispensing the composition from a dispensing device.
4. The method of Claim 1, wherein the step of administering comprises applying the composition onto the person.
5. A method of modifying perception of body weight of a person, comprising the step of:  
administering to the person for inhalation a composition comprising a suprathreshold but non-irritant concentration of a hedonically positive mixture of a floral odorant and a spice odorant, wherein the person perceives the body weight to be about 5-10% less than actual body weight.
6. A method of altering perception of body weight comprising the step of:  
administering a hedonically positive mixture of a floral odorant and a spice odorant to a person for inhalation such that the person perceives the body weight to be less than the actual body weight.
7. A method of altering perception of body weight, comprising the step of:  
administering to a person for inhalation a hedonically positive mixture consisting essentially of a floral odorant and a spice odorant such that the person perceives the body weight to be less than the actual body weight.

8. A method of altering perception of body weight, comprising the step of:  
administering a hedonically positive mixture of a floral odorant and a spice odorant to a first person for inhalation such that the first person perceives the body weight of a second person to be less than the actual body weight.
9. The method of Claim 8, wherein the step of administering comprises applying an effective amount of the mixture of odorants onto the second person for inhalation by the first person.
10. The method of Claim 8, wherein the step of administering comprises dispensing the mixture of odorants from a dispensing device to the first person for inhalation.
11. The method of Claim 8, wherein the body mass index of the second person is 25 or greater.
12. An article of manufacture, comprising a container of a composition consisting essentially of a suprathreshold and non-irritant concentration of a mixture of a floral odorant and a spice odorant.
13. An article of manufacture, comprising: packaged together, a container of a composition consisting essentially of a suprathreshold and non-irritant concentration of a floral odorant, and a container of a composition consisting essentially of a suprathreshold and non-irritant concentration of a spice odorant.
14. An article of manufacture, comprising: packaging material and, contained within the packaging material, a suprathreshold and non-irritant concentration of a hedonically positive composition consisting essentially of a floral odorant and spice odorant, wherein the packaging material comprises a label that indicates that the composition can be used for altering perception of body weight.

15. An article of manufacture, comprising: packaging material and, contained within the packaging material, a suprathreshold and non-irritant concentration of a hedonically positive composition consisting essentially of a floral odorant and spice odorant, wherein the packaging material comprises a label that indicates that the composition can be used for altering perception of body weight, treating a food disorder in a patient, treating a psychological disorder in a patient, alleviating stress in a person, or a combination thereof.

16. The article of Claim 15, wherein the psychological disorder is selected from the group consisting of body dysmorphic disorder, social phobia, and pathological shyness.

17. The article of Claim 15, wherein the food disorder is selected from the group consisting of anorexia nervosa, bulimia nervosa, and binge eating disorder.

18. An article of manufacture, comprising, packaged together:  
a container of a composition comprising a hedonically positive and suprathreshold and non-irritant concentration of one or more odorants; and  
instructions for use of the composition for altering perception of body weight in a method comprising administering an effective amount of the composition to a person for inhaling.

19. The article of Claim 18, wherein the composition consists essentially of a mixture of a floral odorant and a spice odorant.

20. A composition consisting essentially of a suprathreshold and non-irritant concentration of a floral odorant and a spice odorant, the composition being hedonically positive and effective to alter a person's perception of body weight upon inhalation whereby the body weight is perceived as being less than the actual body weight.

21. The composition of Claim 20, wherein the floral odorant has the odorant characteristics of mixed floral odorant IFF # 31854-11, and the spice odorant has the odorant characteristics of oriental spicy odorant IFF# 91171 or floral semi-oriental spicy musk odorant IFF # 91164..
22. A method of screening an odorant or a mixture of odorants for effectively altering perception of body weight, comprising the steps of:
- administering a suprathreshold and non-irritant concentration of a composition consisting essentially of one or more odorants to an individual for inhalation;
  - having the individual estimate the body weight of a person;
  - comparing the estimate of the body weight to actual body weight of the person to provide a difference value;
  - comparing the difference value to a control value to determine the statistical significance of the difference value; and
  - eliminating the odorant or odorant mixture as being ineffective for altering perception of body weight if not statistically significant.
23. The method of Claim 22, wherein the control value is derived by having the person estimate the body weight of the individual without the composition administering step, and comparing the body weight estimate with the actual weight of the individual to provide the control value.
24. The method of Claim 22, further comprising, prior to the composition administering step, the steps of having the person estimate the body weight of the individual, and comparing the body weight estimate with the actual weight of the individual to provide a control value.
25. The method of Claim 22, further comprising the step of having the person identify the composition as hedonically positive or hedonically negative.